

REBT Self-Help Form

A (ACTIVATING EVENTS OR ADVERSITIES)

- Briefly summarize the situation you are disturbed about (what would a camera see?)
- An A can be *internal* or *external*, *real* or *imagined*.
- An A can be an event in the *past*, *present*, or *future*.

IB'S (IRRATIONAL BELIEFS)

- To identify IB's, look for:**
- DOGMATIC DEMANDS (musts, absolutes, shoulds)
 - AWFULIZING (it's awful, terrible, horrible)
 - LOW FRUSTRATION TOLERANCE (I can't stand it)
 - SELF/OTHER RATING (I'm / he / she is bad, worthless)

D (DISPUTING IB'S)

- To dispute ask yourself:**
- Where is holding this belief getting me? Is it *helpful* or *self-defeating*?
 - Where is the evidence to support the existence of my irrational belief? Is it *consistent with social reality*?
 - Is my belief *logical*? Does it follow from my preferences?
 - Is it really *awful* (as bad as it could be?)
 - Can I really not stand it?

C (CONSEQUENCES)

Major unhealthy negative emotions:

Major self-defeating behaviors:

- Unhealthy negative emotions include:
- Anxiety
 - Depression
 - Shame/Embarrassment
 - Rage
 - Low Frustration Tolerance
 - Hurt
 - Jealousy
 - Guilt

E (EFFECTIVE NEW PHILOSOPHIES)

- To think more rationally, strive for:**
- NON-DOGMATIC PREFERENCES (wishes, wants, desires)
 - EVALUATING BADNESS (it's bad, unfortunate)
 - HIGH FRUSTRATION TOLERANCE (I don't like it, but I can stand it)
 - NOT GLOBALLY RATING SELF OR OTHERS (I—and others—are fallible human beings)

E (EFFECTIVE EMOTIONS & BEHAVIORS)

New healthy negative emotions:

New constructive behaviors:

- Healthy negative emotions include:
- Disappointment
 - Concern
 - Annoyance
 - Sadness
 - Regret
 - Frustration